

55+ arlington county GUIDE

EXERCISE | TRAVEL | CONNECTIONS | MORE +

SEPTEMBER 2020

Virtual & Outdoor programs selected for your safety, enjoyment & well-being!



WE'RE ALL IN THIS TOGETHER!



parks.arlingtonva.us

**All 55+ Centers remain closed.
Classes will be held Online or Outdoors. All classes are free.
Registration is Required - see p. 11.**

Hello Everyone,

While this summer was certainly unlike any other, I hope you were able to enjoy a little more time with your family and friends (while following all social distancing guidelines, of course). I've just returned from a trip where my family and I isolated ourselves at New Smyrna Beach in Florida. What a wonderful change of scenery after working from my home office since mid-March.



Over the past few months, our department has worked to safely bring back programs and classes to keep you engaged and active - all while practicing safe social distancing and following the Governor's [Forward Virginia](#) guidelines. The 55+ Program staff has been hard at work developing new virtual and outdoor programs. We hope these have brought you opportunities for social interaction and fun times.

As we still face uncertainty, we are changing up our service model to better support you. Instead of programs at our centers, we're running [virtual](#) and [Programs in the Park](#). You must pre-register for all programs (this allows us to send you a link to virtual programs, and abides by the Governor's [Forward Virginia](#) guidelines for in-person programs). And our 55+ Guide, will not only be digital (though you can print it at home), it will be monthly. And it has hyperlinks to more information and to directly register for a program. We also won't be charging for any of our programs; nor do you need to be a 55+ Member to participate. Our goal is to provide interesting programs and connections with our community in a way they feel safe. How long will we do this? As long as it seems like the right thing to do.

Currently, we do not know when we will be able to return to programming inside the centers. However, a limited number of fitness facilities remain open for you to visit. These can be found [here](#). As things change - and we know they will - we will continue to keep you updated as we adjust our opportunities for our community. So for now, start watching for a monthly edition of the 55+ Guide and the 55+ eNews. And don't forget about the new [55+ Virtual Programs YouTube Channel](#) featuring programs you can participate in whenever you want.

Finally, let us know let us know which programs you've enjoyed and which ones you would like to see in the future. We strive to bring our community a variety of programs to meet your interests.

Stay well,

Jennifer Collins, CPRP
Office of 55+Programs

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The Outdoor Classroom

Let's meet at our Programs in the Park - at a safe distance

FITNESS

Gentle Yoga

Taught in a quiet and meditative style, this class uses extensive warm-ups to prepare the body for adapted yoga poses to strengthen the body safely and effectively. Transitions between floor and standing positions are kept to a minimum for your comfort. Instructor: Cindi Shore

Date	Time	Location	Registration #
Mon. 9/14	9-9:45am	Alcova Heights Park	<u>911104-01</u>
Mon. 9/21	9-9:45am	Alcova Heights Park	<u>911104-02</u>
Mon. 9/28	9-9:45am	Alcova Heights Park	<u>911104-03</u>

NEW!

See the blue, underlined Registration #? Just click on that link beginning August 26 @ 10am to quickly and easily register for the program!



Seated Strength Exercise

Preserve muscular strength, gain flexibility and improve balance. Work all the major muscle groups including abdominals. Some standing included but not required. Instructor: Jill Kern

Date	Time	Location	Registration #
Tues. 9/1	9-10am	Fort Ethan Allen Park	<u>911100-01</u>
Thur. 9/3	9-10am	Fort Ethan Allen Park	<u>911100-02</u>
Tues. 9/8	9-10am	Fort Ethan Allen Park	<u>911100-03</u>
Thur. 9/10	9-10am	Fort Ethan Allen Park	<u>911100-04</u>
Tues. 9/15	9-10am	Fort Ethan Allen Park	<u>911100-05</u>
Thur. 9/17	9-10am	Fort Ethan Allen Park	<u>911100-06</u>
Tues. 9/22	9-10am	Fort Ethan Allen Park	<u>911100-07</u>
Thur. 9/24	9-10am	Fort Ethan Allen Park	<u>911100-08</u>
Tues. 9/29	9-10am	Fort Ethan Allen Park	<u>911100-09</u>

Full Fitness

This complete exercise program combines warm-up, stretching and strength work for all major muscles. Workout includes core stabilization, balance skills and cardio to strengthen the heart and increase stamina. Instructor: Cindi Shore

Date	Time	Location	Registration #
Fri. 9/4	9-9:45am	Thomas Jefferson	<u>911100-11</u>
Fri. 9/11	9-9:45am	Thomas Jefferson	<u>911100-12</u>
Fri. 9/18	9-9:45am	Thomas Jefferson	<u>911100-13</u>
Fri. 9/25	9-9:45am	Thomas Jefferson	<u>911100-14</u>

Tai Chi in the Park

If you've taken a Tai Chi class, come by and practice with experienced volunteers. Instruction not provided.

Date	Time	Location	Registration #
Tues. 9/1	1-2:15pm	Walter Reed	<u>911105-01</u>
Tues. 9/8	1-2:15pm	Walter Reed	<u>911105-02</u>
Mon. 9/14	10-10:45am	Virginia Highlands Park	<u>911105-03</u>
Tues. 9/15	1-2:15pm	Walter Reed	<u>911105-04</u>
Mon. 9/21	10-10:45am	Virginia Highlands Park	<u>911105-05</u>
Tues. 9/22	1-2:15pm	Walter Reed	<u>911105-06</u>
Mon. 9/28	10-10:45am	Virginia Highlands Park	<u>911105-07</u>
Tues. 9/29	1-2:15pm	Walter Reed	<u>911105-08</u>

HANDWORK

Yarn Crafters

The award-winning Yarn Crafters of Aurora Hills invite you for conversation, companionship and shared satisfaction making hand-knit and crocheted items for the less fortunate in Arlington County. Help us keep babies, children and the elderly warm in winter. This multicultural group will teach you to knit or crochet, if needed, and will provide patterns, hooks, needles and yarn. Donations of washable yarn are always appreciated.

Date	Time	Location	Registration #
Mon. 9/14	10am-noon	Virginia Highlands Park	911703-01
Mon. 9/21	10am-noon	Virginia Highlands Park	911703-02
Mon. 9/28	10am-noon	Virginia Highlands Park	911703-03

MUSIC

Drumming Circle

Even if Ringo Star wasn't your favorite Beatle, you may find that playing the drums in a drumming circle is your new favorite activity. It gives an opportunity for self-expression and to share in an engaging group experience. Other benefits include increasing mental concentration, reducing stress and improving fine motor skills.

Date	Time	Location	Registration #
Tues. 9/1	10-11am	Highview Park	911702-01
Tues. 9/8	10-11am	Highview Park	911702-02
Tues. 9/15	10-11am	Highview Park	911702-03
Tues. 9/22	10-11am	Highview Park	911702-04
Tues. 9/29	10-11am	Highview Park	911702-05

DANCE

Beginner Line Dancing

Kick up your heels with line dancing! Easy for beginners, lots of fun for all. No partner needed; line up and watch as the leader demonstrates the steps. You're sure to leave with a smile.

Instructor: Suzie Prats

Date	Time	Location	Registration #
Fri. 9/4	10-11am	Virginia Highlands Park	911701-01
Fri. 9/11	10-11am	Virginia Highlands Park	911701-02
Fri. 9/18	10-11am	Virginia Highlands Park	911701-03
Fri. 9/25	10-11am	Virginia Highlands Park	911701-04

OUTDOOR RECREATION

Bocce

Enjoy an afternoon game of bocce with friends.

Date	Time	Location	Registration #
Fri. 9/4	9-11am	Walter Reed	911700-01
Fri. 9/11	9-11am	Walter Reed	911700-02
Fri. 9/18	9-11am	Walter Reed	911700-03
Fri. 9/25	9-11am	Walter Reed	911700-04

Croquet

This lawn game is as much fun today as in Victorian times. No instruction provided.

Date	Time	Location	Registration #
Fri. 9/11	1-2pm	Walter Reed	911700-05
Fri. 9/25	1-2pm	Walter Reed	911700-06

Gulf Branch Hike

Visit the Nature Center and take a one- to two-mile guided hike on the trails, possibly to the Potomac River. Sturdy shoes recommended.

Date	Time	Location	Registration #
Tues., 9/29,	9-11am	Gulf Branch	<u>902009-01</u>

WALKING GROUPS

55+ Walks

Stay active with friendly walking companions. We'll explore Arlington walking trails in a safe, socially-distant manner.

Date	Time	Location	Registration #
Wed. 9/2	8:30 -9:30am	Potomac Overlook	<u>911109-04</u>
Wed. 9/9	8:30 -9:30am	Rador/Ft. Myer Heights	<u>911109-05</u>
Wed. 9/16	8:30 -9:30am	Yorktown	<u>911109-06</u>
Wed. 9/23	8:30 -9:30am	Fairlington	<u>911109-07</u>
Wed. 9/30	8:30 -9:30am	Green Valley	<u>911109-08</u>

Aurora Hills Fast Forwards

Fast-paced group walks a two- to three-mile loop, including some hills.

Date	Time	Location	Registration #
Fri. 9/11	9-10:30am	Aurora Hills	<u>911109-01</u>
Fri. 9/18	9-10:30am	Aurora Hills	<u>911109-02</u>
Fri. 9/25	9-10:30am	Fairlington	<u>911109-03</u>

INCLEMENT WEATHER CLOSINGS

For information on delayed openings and cancellations, call our Inclement Weather Hotline at 703-228-4715 or visit <https://parks.arlingtonva.us>



The Virtual Classroom

We'll meet with you online

LEARNING

Tea with Wedgwood

What is Wedgwood? Nancy Blaney of the Wedgwood Society of Washington, D.C. will lead a discussion about innovative genius Josiah Wedgwood. Not only is he famous for his blue and white pottery; he industrialized the production of ceramics in England. Join us with your tea for an introduction to the range of this enduring and popular line of china.

Date	Time	Location	Registration#
Thur. 9/3	1-3pm	Virtual	911400-09

Civil War Arlington

The Civil War brought many changes to Arlington, some temporary and some lasting to the present day. Karl VanNewkirk, a past president of the Arlington Historical Society, will discuss this turbulent time in Arlington's history.

Date	Time	Location	Registration#
Wed. 9/16	1:30-3pm	Virtual	911400-02

Fall Gardening and Getting Ready for Winter

Extension Horticulturist Kirsten Conrad will discuss bulb planting, perennial division, late summer disease management and fall vegetable gardens for containers. Bring your questions and send photos ahead of time to kirsten.conrad@vt.edu (include your name, phone number, the species of the plant and questions you have).

Date	Time	Location	Registration#
Mon. 9/21	1-2:30pm	Virtual	911400-03

Genealogy 101

Meet with other genealogy enthusiasts to learn about your family's roots. All done in a fun, friendly atmosphere sharing information and tools. All levels can benefit. Led by experienced genealogist Eileen Bogdanoff (rated an "Advanced Researcher" by Ancestry.com). Fourth Tuesdays.

Date	Time	Location	Registration#
Tues. 9/22	11:30am- 1pm	Virtual	911400-04

Taking Flight - Yesterday and Today

Learn about the development of commercial air flight: the growth of the airline industry, technological advances in air travel and how the flying experience has changed. Presented by Col. Scott Willey (USAF, Ret.), senior docent with the National Air and Space Museum's Udvar-Hazy Center.

Date	Time	Location	Registration#
Thur. 9/24	1:30-2:30pm	Virtual	911400-06

The Two Ann Masons

George Mason's mother and wife (both named Ann) helped make their son and husband a man of sterling character and profound intellect. Tom Moncure, retired University Counsel for George Mason University, will discuss two of the most fascinating women in Virginia history who remain largely unknown to us.

Date	Time	Location	Registration#
Thur.. 10/29	1:30-2:30pm	Virtual	911400-07

National Press Club: History Meets the News

For 112 years, the National Press Club (NPC) has been the hub of journalism in the nation's capital. Gil Klein, journalist and former NPC president, will discuss his new book *Tales from the National Press Club* and share legendary stories of political figures, journalists and celebrities who made history at the Club.

Date	Time	Location	Registration#
Wed. 9/30	1:30-2:30pm	Virtual	911400-05

PLANNING AHEAD

Understanding the Basic Revocable Living Trust

There are two types of trusts: the revocable trust and the irrevocable trust. Join Elder Law Attorney Ed Zetlin as he explains the differences.

Date	Time	Location	Registration#
Wed. 9/9	1-2pm	Virtual	911404-01

HANDWORK

Yarn Creations

Do you like to crochet or knit? Are you looking to enjoy the company of others? Join our casual group of crafty individuals to share ideas and fellowship.

Date	Time	Location	Registration#
Tues. 9/1	1-2:30pm	Virtual	911703-04
Tues. 9/8	1-2:30pm	Virtual	911703-05
Tues. 9/15	1-2:30pm	Virtual	911703-06
Tues. 9/22	1-2:30pm	Virtual	911703-07
Tues. 9/29	1-2:30pm	Virtual	911703-08

BOOKCLUBS & DISCUSSION GROUPS

Documentary Discussion

View some of the best documentaries ever made and discuss with other 55+ members. *Life in a Day, 2011* is the story of our world created entirely from footage uploaded by YouTube users.

Date	Time	Location	Registration#
Mon. 9/14	1-2pm	Virtual	911402-01

History Roundtable

Take part in thought-provoking and informative discussions about pivotal events in world history. Meets second Tuesdays. In September, we'll discuss The Impact of Ancient Kingdoms.

Date	Time	Location	Registration#
Tues. 9/8	11:15am- 12:30pm	Virtual	911402-02

Lee Book Club

Get together for great books and friendly conversation. September's book is *Red Notice* by Bill Browder. First Tuesdays

Date	Time	Location	Registration#
Tues. 9/1	11am- 12:30pm	Virtual	911402-03

Local History Discussions and Reminiscences

Meet first Wednesdays to discuss the many transformations of the area we call home. In September, we'll discuss Growing Up In Arlington In the 1920s. Facilitated by volunteer Tom Sipusic.

Date	Time	Location	Registration#
Wed. 9/2	12:30-1:45pm	Virtual	911402-04

The Study of Words

Learn about the history of English and have fun sharing words, expressions, neologisms and other items of lexical or linguistic interest. Meets second Wednesdays; facilitated by volunteer Steven Wertime.

Date	Time	Location	Registration#
9/9	10:30-11:45am	Virtual	911402-05

DIGITAL LEARNING

Cutting the Cord

Tired of paying outrageous bills for cable, phone and internet? Learn how to use today's technology to combine resources and possibly reduce costs. Q&A to follow. Facilitated by Nick Englund.

Date	Time	Location	Registration#
Thur. 9/24	11am-12:30pm	Virtual	911403-01

Music Streaming

Spotify and other music streaming services are changing the way we listen and discover music, new and old. We'll walk through the Spotify app and learn how it can work for you. Facilitated by Amy Collins.

Date	Time	Location	Registration#
Thur. 9/17	6:30-7:30pm	Virtual	911403-14

Smart Home

We have the capability of using technology in our houses to control lights, lock doors, play music and answer questions. We'll explore home automation devices such as Amazon Alexa and Google Home. This is a basic introduction. Facilitated by Nick Englund.

Date	Time	Location	Registration#
Wed. 9/30	3-4pm	Virtual	911403-15

Smartphone Photography

Do you have a smartphone, tablet, or other device but struggle with the camera feature? Do you want to learn more about apps for photography and editing? Learn how to maximize the camera you already have. Facilitated by Nick Englund.

Date	Time	Location	Registration#
Thur. 9/10	10:30am-noon	Virtual	911403-16

Mac, iPad, iPhone Tutoring

Learn how to use your Apple products including Mac computers, iPhones and iPads. Facilitated by volunteer Lowell Nelson.

Date	Time	Location	Registration#
Wed. 9/2	10-10:45am	Virtual	911403-02
Wed. 9/2	10:45-11:30am	Virtual	911403-03
Wed. 9/2	11:30am-12:15pm	Virtual	911403-04
Wed. 9/9	9:30-10:15am	Virtual	911403-05
Wed. 9/9	10:15-11am	Virtual	911403-06
Wed. 9/9	11-11:45am	Virtual	911403-07
Wed. 9/16	10-10:45am	Virtual	911403-08
Wed. 9/16	10:45-11:30am	Virtual	911403-09
Wed. 9/16	11:30am-12:15pm	Virtual	911403-10
Wed. 9/23	9:30-10:15am	Virtual	911403-11
Wed. 9/23	10:15-11am	Virtual	911403-12
Wed. 9/23	11-11:45am	Virtual	911403-13

ARTS

Artist Chat

Are you working on a piece of art and have a question about technique, composition or just need another point of view? Join Jennifer Droblyen, Community Arts Programmer and experienced artist, for an open dialogue on techniques, materials, and creative expression.

Date	Time	Location	Registration#
Thur. 9/10	4-5pm	Virtual	911301-01
Thur. 9/24	4-5pm	Virtual	911301-02

Paint n' Sip Demo

Enjoy this virtual paint n' sip demo from the comfort of your home. No experience necessary. The supply list and picture to print will be provided with registration confirmation.

Date	Time	Location	Registration#
Thur. 9/24	10-11:30am	Virtual	911301-03

Beauty of Poetry

Poetry can cultivate an appreciation and understanding of the world, encourage healing and personal growth and inspire creativity. Arlington Poet Laureate ,Dr. Holly Karapetkova, will broaden your understanding of poetry.

Date	Time	Location	Registration#
Wed. 9/30	11am-noon	Virtual	<u>911300-01</u>

Secrets Revealed

Exploration of famous artists and their unique and sometimes secretive techniques.

Date	Time	Location	Registration#
Mon. 9/21	10:30-11:30 am	Virtual	<u>911302-01</u>

Painting Demo

Jen Droblyen will present a detailed painting demonstration. Supply list and picture to print to be provided with registration confirmation.

Date	Time	Location	Registration#
Mon. 9/28	10:30-noon	Virtual	<u>911301-04</u>

GAMES & LANGUAGES

GAMES

Travel Trivia

Join us for a test of your general knowledge of Travel. “Zoom” on your computer without feeling guilty. Put your brain to work and socialize in a fun way. Participate as an individual or with a partner. Virtual prizes awarded!

Date	Time	Location	Registration#
Tues. 9/8	11am- 12:30pm	Virtual	<u>911601-01</u>

LANGUAGES

German Conversation

Sprechen Sie Deutsch? Join this cordial group of people with knowledge of the language in a weekly dialogue. Stimulating and sociable gatherings provide lively discussions in German on topics that are easy to discuss and of interest to all.

Date	Time	Location	Registration#
Fri. 9/4	10am-12pm	Virtual	<u>911605-01</u>
Fri. 9/11	10am-12pm	Virtual	<u>911605-02</u>
Fri. 9/18	10am-12pm	Virtual	<u>911605-03</u>
Fri. 9/25	10am-12pm	Virtual	<u>911605-04</u>

PERFORMANCES

Acoustic Hour

Enjoy live music and fellowship from the comfort of your home. Carl Gold will perform songs from the 50s to today: great rock and roll, ballads, folk and blues.

Date	Time	Location	Registration#
Fri. 9/18	1:30-2:30pm	Virtual	<u>911802-01</u>

Open Mic Talent Slots

Share your talents: sing a song, recite a poem or tell some jokes. Sign up for a three-minute time slot to perform for 55+ friends. All are welcomed to watch and enjoy the show. *RSVP to lpaid@arlingtonva.us to reserve a talent slot.*

Open Mic Online

Enjoy the talents of your 55+ neighbors. Watch this open mic show and appreciate the performers among us. All welcome to watch and consider sharing your talent at the next show.

Date	Time	Location	Registration#
Wed. 9/9	1:30-2:30pm	Virtual	<u>911802-03</u>

GET TOGETHERS - ONLINE

Monday Morning Coffee Meetup

Start your week off right with coffee and great conversation. Get to know your neighbors.

Date	Time	Location	Registration#
Mon. 9/14	10-11am	Virtual	911801-01
Mon. 9/21	10-11am	Virtual	911801-02

WELLNESS

Diabetic Nutrition during a Pandemic

Managing diabetes in the best of times can be a struggle, but the added stress and restrictions imposed by a pandemic can make living with diabetes even more difficult. Lisa Muras, Diabetes Educator for Virginia Hospital Center, will address the challenges due to COVID-19.

Date	Time	Location	Registration#
Thur. 9/17	11am-noon	Virtual	911500-01

Hearing Aids - Beware and Be Wise

Our hearing changes as we age. Learn how we hear, types and causes of hearing loss, what is involved in a hearing evaluation, benefits and limitations of different types of hearing aids and other products. Presented by Bonnie O'Leary, Outreach Manager and Certified Peer Mentor at NVRC.

Date	Time	Location	Registration#
Tues. 9/15	1:30-2:30pm	Virtual	911500-02

~~Understanding Osteoporosis~~ — **Postponed**

~~Osteoporosis is often called a silent disease because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a hip to fracture or a vertebra to collapse. Kate Chutaube from Virginia Hospital Center will discuss ways to protect yourself, various treatment options and when to see a doctor.~~

Date	Time	Location	Registration#
Wed. 9/23	1-2pm	Virtual	911500-03

Preventing Falls

Each year falls cause injuries, loss of independence and sometimes death. Learn how to develop a plan to minimize your risk of falling and how to help yourself if you do experience a fall. Kate Chutaube, Senior Health Manager from Virginia Hospital Center, will explain how to reduce factors that may put you at risk for falling.

Date	Time	Location	Registration#
Wed. 9/23	11am-noon	Virtual	911502-01

MEDICARE MADE SIMPLE

Are you turning 65 and newly eligible for Medicare? Do you want to know more about your Medicare benefits? Certified Medicare counselors from Virginia will address Medicare Part A (inpatient hospitalization/skilled nursing), Part B (doctors/outpatient hospital services/labs/radiology), Part C (Medicare Advantage plans), and Part D (prescription drugs) as well as Medicare supplemental plans. Presented by a certified Medicare Counselor from Virginia Insurance Counseling and Assistance Program.

Tues., Sept. 22, 10am-12pm

Info [here](#)

community bulletin board

2020 Election Readiness and Security

Panel Discussion with Virginia Public Access Project founder David Poole and board member Steven Shapiro and Arlington Electoral Board member Matt Weinstein. Presented by Encore Learning and Arlington Public Library.

Mon., Sept., 21, 3-4:30pm

Register [here](#)

Resources for Caregivers

The Arlington Agency on Aging provides support and resources for caregivers. Rachel Coates, AAA Director, and Outreach Specialist Gelarah Bassiry will present an overview of available services.

Tues., Sept. 29, 10-11am

Info [here](#)

703-228-1700

Dementia Friends Training

Become dementia friendly and help foster the adoption of dementia-friendly practices to support community members. Arlington's Department of Human Services presents five key messages about dementia and actions to choose.

Thurs., Sept. 10, 1-2:30pm

Info [here](#)

703-228-1700

Chronic Disease Self-Management

Learn ways to manage chronic conditions and the challenges associated with them. Includes educational resources, discussion and activities to manage symptoms.

Wednesdays, Sept. 23 - Oct. 28, 10-11:30am

Info [here](#)

703-228-1700

GET INVOLVED IN SENIOR ISSUES

The Arlington County Commission on Aging advises the County Board and the Arlington Agency on Aging on aging issues. For information, go to www.arlingtonva.us and search Commission on Aging.

Commission on Aging Meeting:

Mon., Sept 21, 9-11am

[Online](#)

Arlington Steering Committee for

Services to Older Persons is an affiliation of private, non-profit, proprietary and government service providers and senior advocates who meet to discuss aging issues.

Steering Committee Meeting:

Dementia-Friendly First Responders

Fri., Sept. 18, 9:30-11am

Email arlaaa@arlingtonva.us



Community Cookbook!

Let's create a community cookbook of recipes treasured by you and our Arlington neighbors. Not only can a great dish diversify your taste palette and create fun-filled family events, food can unify a community. Whether you're a professional chef, home cook or baker, share your recipe for our first Community Cookbook. Think about those special dishes you make for your family and friends.

Get the details and share your recipe [here](#) by Sept. 4.

THE ALLIANCE TEAMS UP WITH AMAZONSMILE

The nonprofit Alliance for Arlington Senior Programs (AASP) is now registered to receive donations generated by AmazonSmile supporters. With AmazonSmile, you can support the Alliance for Arlington Senior Programs every time you shop – at no cost to you. Amazon donates 0.5% of the price of eligible AmazonSmile purchases to the charitable organization selected by their customers.



Use the website (smile.amazon.com) when making your purchase and designate “The Alliance for Arlington Senior Programs” as the charity to benefit from your purchase.



The Alliance supports Arlington County 55+ Programs with the donations it receives. Remember, you must shop through AmazonSmile for AASP to receive a donation.

Together We Can Stop the Spread of Covid-19

Juntos podemos detener la propagación de COVID-19

CORONAVIRUS COVID-19

arlingtonva.us/coronavirus

Please do not enter if you have a fever, symptoms of COVID-19 or have been exposed to a known COVID-19 case in the past 14 days.

No ingrese si tiene fiebre, síntomas de COVID-19 o ha estado expuesto a un caso conocido de COVID-19 en los últimos 14 días.



Wear a mask or face covering

Use una máscara o una cubierta facial



Wash your hands often

Lávese las manos con frecuencia



Stay 6 feet from others

Manténgase a 6 pies de otros



Stay home if sick

Quédese en casa si está enfermo



Arlington County cannot disinfect all surfaces and furnishings to completely stop the spread of COVID-19. El Condado de Arlington no puede desinfectar todas las superficies y muebles para detener por completola propagación de COVID-19.